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## Description:

### BACKGROUND OF THE INVENTION

This invention is relative to the healthcare, relaxation and exercise fields and more directly to an apparatus designed for massaging certain areas of the body.

There are great benefits to massaging the body, relaxation, stress relief, better circulation, increased flexibility and overall health. This apparatus pertains to the massaging of the body and more particularly to be able to massage many areas of your body yourself at home, but not limited to home use or the use of additional persons.

Using the apparatus massages can be accomplished easily and inexpensively in the comfort of your own home. The intent of this invention is not to replace other methods of massage but to offer alternatives to how massage can be facilitated and more frequently obtained.

### SUMMARY OF INVENTION

The primary objective of this invention is to provide an apparatus for administering a body massage to your self by yourself.

The secondary objective of this invention is to provide an apparatus, which will allow for easy and frequent body massages. Frequent being relative to the user, the typical usage objective would be daily, but not limited to extended use.

An additional objective of this said invention is to provide an relatively inexpensive apparatus for administering a body massage to your self by yourself.

An additional objective of this said invention is to provide an apparatus with the capability to massage your neck and back.

An additional objective of this said invention is to provide an apparatus with the capability to massage your stomach and chest.

An additional objective of this said invention is to provide an apparatus with the capability to massage your legs.

Another use of this said invention is the ability to stretch over it and use it as a moderate stretching device.

Another use of this said invention is the product of exercise extended from the use of the apparatus during stretching and massaging.

To summarize the above mentioned claims and objectives of this said invention, an apparatus said "Massage Tube" can be used for self-administered body massage, stretching and exercise. The intent of this invention is to supply an apparatus, which helps establish and maintain overall health and stress relief to an individual through massage, stretching and exercise.